

# JANUARY 2014

## Riverhead Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>1</u> <b><u>CENTER CLOSED</u></b> <b><u>NEW YEAR'S DAY</u></b>	<u>2</u> CHICKEN CUTLET WILD RICE VEGGIE	<u>3</u> BATTER DIPPED FISH AUGRATIN POTATO VEGGIE
<u>6</u> SWEDISH MEATBALLS BOW-TIE PASTA VEGGIE	<u>7</u> BAKED PORK CHOPS GARDEN BLEND RICE VEGGIE	<u>8</u> ITALIAN CHICKEN CUTLETS SPAGHETTI VEGGIE	<u>9</u> ROAST TURKEY STUFFING MASHED POTATO VEGGIE	<u>10</u> KRABBY CAKE BAKED MAC & CHEESE VEGGIE
<u>13</u> CHICKEN CORDON BLEU RICE PILAF VEGGIE	<u>14</u> BAKED MEATLOAF PARSLEY POTATO VEGGIE	<u>15</u> BAKED ZITI CAESAR SALAD	<u>16</u> OPEN FACE ROAST BEEF ROSEMARY POTATO VEGGIE	<u>17</u> FISH ON A BUN OVEN FRIES VEGGIE
<u>20</u> <b><u>CENTER CLOSED</u></b> <b><u>MARTIN LUTHER</u></b> <b><u>KING JR,</u></b> <b><u>BIRTHDAY</u></b>	<u>21</u> BBQ GRILLED BEEFSTEAK PASLEY POTATO VEGGIE	<u>22</u> CHICKEN FRANCAISE PASTA VEGGIE VEGGIE	<u>23</u> POTATO CRUSTED COD MEXICAN RICE VEGGIE	<u>24</u> PORK LOIN ROASTED POTATO VEGGIE
<u>27</u> CHICKEN CUTLET W/ ORANGE MANDARIN SAUCE RICE PILAF VEGGIE	<u>28</u> LOW SODIUM VIRGINIA HAM YAMS VEGGIE	<u>29</u> SPINACH RAVIOLI GARDEN SALAD VEGGIE	<u>30</u> BEEF & BROCCOLI SUPREME RICE VEGGIE	<u>31</u> CHICKEN TENDERS RED POTATO VEGGIE
<b>SORRY!!!.... MENU IS SUBJECT TO CHANGE WITHOUT NOTICE !!</b> <b>722-4444 EXT. 290</b>				